

Water Safety Advice: On Holiday For Mums and Dads



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Welcome To STA's Water Safety Advice For Holidays

Our children are our most precious gift and as parents we want to make sure that they are always happy, healthy and safe. Ensuring they are confident and safe in and around water is a key priority.

Drowning is the leading cause of unintentional deaths for children age 1-4 (World Health Organisation 2014). A shocking statement in itself, but when you consider that younger children and babies are MOST LIKELY TO DROWN, you can begin to recognise the importance of water safety education.

As responsible parents, we naturally want to protect our children. So, where do you start when teaching your child to be water safe?

Being aware of the dangers is half the battle towards preventing accidents, and this is precisely why we've chosen to produce this leaflet. Please read through the simple advice contained and keep this leaflet somewhere safe so that you can refer back to it.

I wish you & your family,
a safe and enjoyable trip

Theo Millward
Chief Executive
STA



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STAnley's Water Safety Code Of Advice



1. Spot the dangers

Water may look safe, but it can be dangerous; learn to spot and keep away from dangers. You may swim well in a warm indoor pool, but that does not mean that you'd be able to swim in cold outside water.

2. Take safety advice

Special flags and notices may warn you of danger. Know what the signs mean and do what they tell you.

3. Don't go alone

Children should always go with an adult, not by themselves. An adult may be able to point out dangers or help if someone gets into trouble.

4. Learn how to help

You may be able to help yourself and others if you know what to do in an emergency.

Visit www.sta.co.uk
for more information



Water Safety On Holiday

As you will probably spend a lot of your holiday around the swimming pool or on the beach, please follow our tips below to help ensure that your time in and around the water goes swimmingly!

FAMILIARISE: Take a few minutes with your family to familiarise yourself with the pool in your hotel or apartments at the beginning of your holiday. Many swimming pools abroad are not designed in the same way as in the UK and may have unusual features. Ensure you check the layout and the depth of the pool before you or your family get in. If pool rules are not in English, ask hotel staff for a translation.

LIFEGUARD: It is unlikely that the pool will have a lifeguard, so please check your pool information board and observe the pool rules.

SUPERVISION: Children must be supervised at all times in and around the pool.

'NO DIVING' SIGNS: Most hotel or apartment swimming pools are not suitable for safe poolside diving. Please observe any 'No Diving' signs. Never be tempted to jump or dive from bridges, rocks or other features around the pool.

EMERGENCY: Familiarise yourself with what you should do in the event of an emergency and make sure you know what hours the pool is in operation.

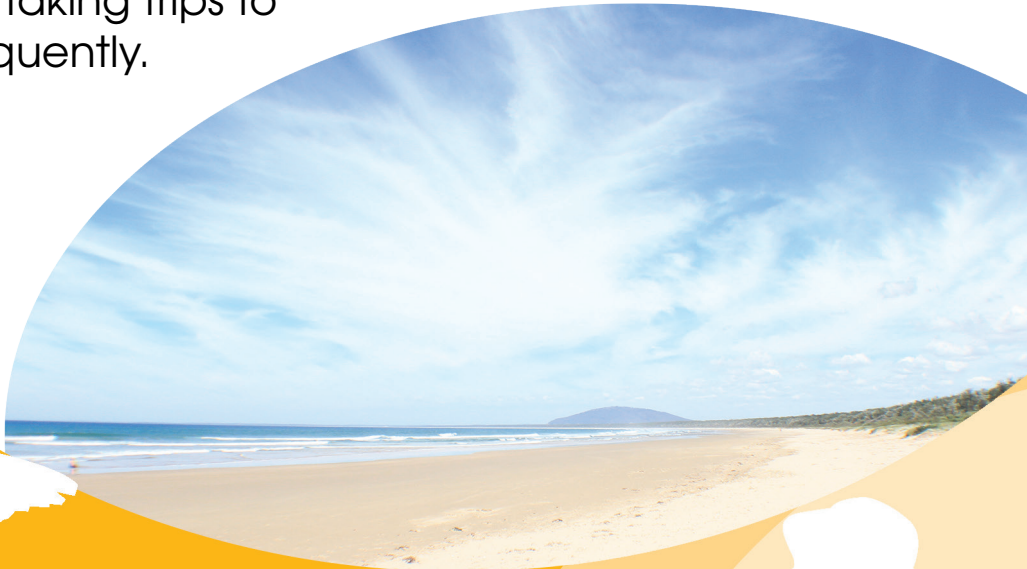
BE VIGILANT: If the evening entertainment in your hotel is near the swimming pool, be extra vigilant with children and never swim at night.

WEATHER CONDITIONS: Be aware of local conditions; tides, winds and currents can make even the safest beach hazardous. Please also ensure that you are aware of any 'zoned' areas that are marked out for water sports.



Water Safety On The Beach

It's natural to regard the beach as a happy and safe place. However, there are dangers which individuals may not consider due to taking trips to the beach infrequently.



- Obey warning signs, notices and safety flags
- Always swim between the red and yellow flags
- Always watch your child continuously; they can drown in less than a minute
- If you see someone in difficulty tell a lifeguard or call emergency services (find out the number depending on your location)
- Be aware of being cut off by incoming tides
- Rock pools can be fascinating, but the rocks may be slippery.



Know Your Beach Flags



Red: Danger, no swimming



Purple: Dangerous marine life has been spotted e.g. Sharks, Jellyfish etc



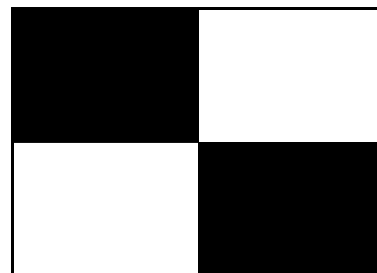
Green: The water is calm. This doesn't make the water safe; you must still be careful and look for areas where a lifeguard is present



Red and Yellow stripe: Lifeguard on duty - always swim between flags



Black and White checkered flag: Safe for boats and water crafts only. No Swimming



Orange wind sock: Shows the direction of wind. Off shore winds can sweep you out to sea and make it difficult to return to shore.

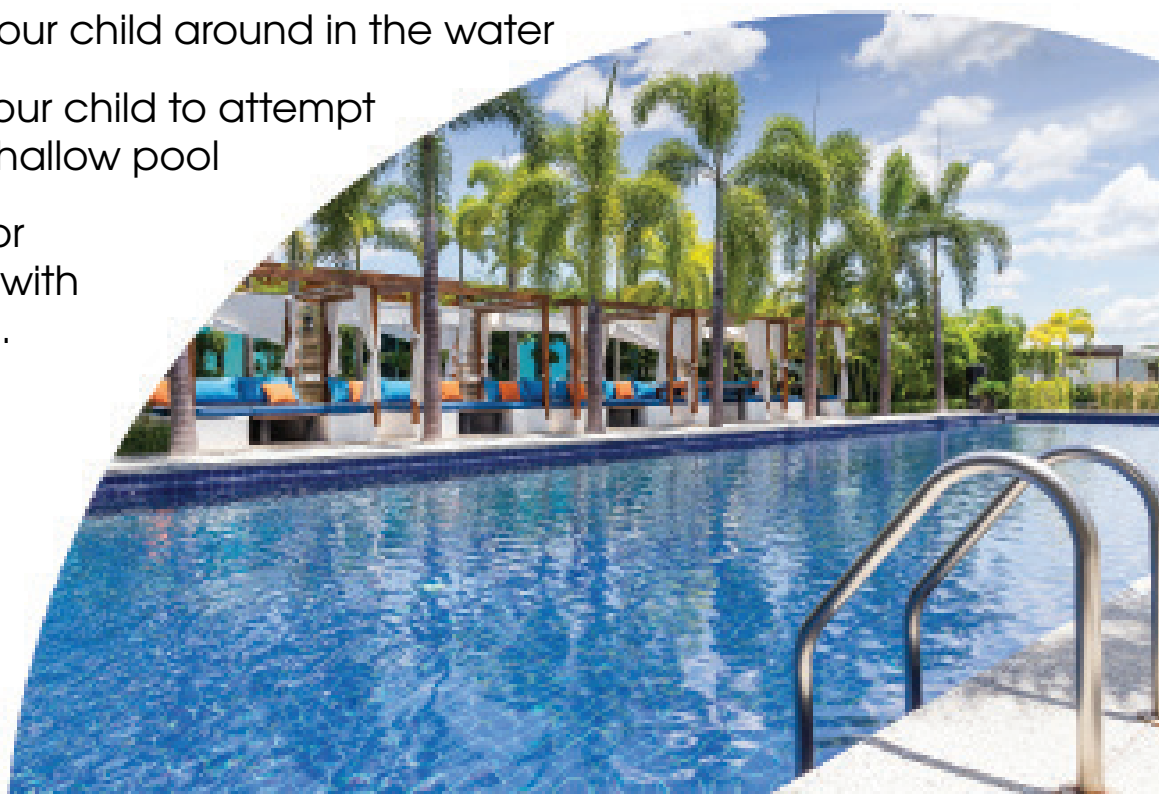


Water Safety In Swimming Pools

Although knowing how to swim is a fantastic skill, ensuring an individual is knowledgeable on water safety rules doubles best practice and significantly reduces chances of being involved in an incident.

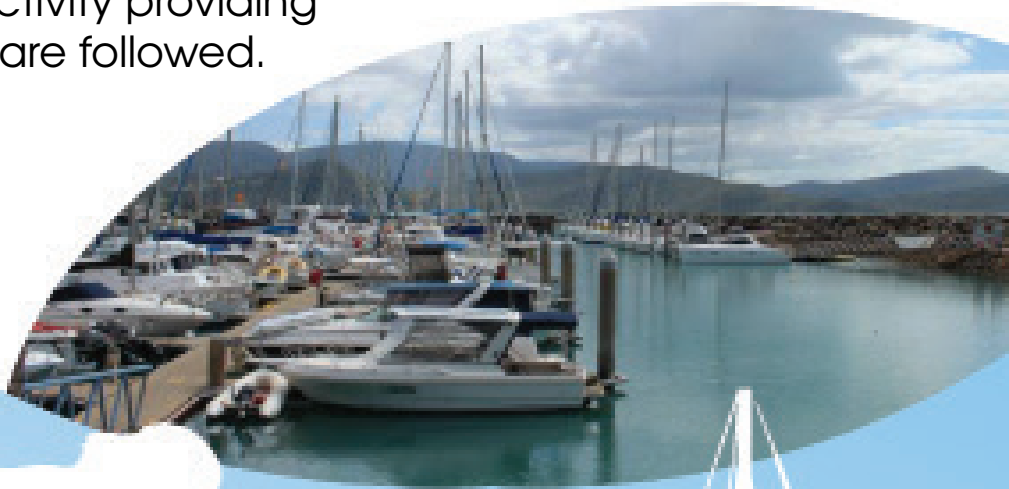
Following these simple rules when around a swimming pool can ensure a safe, pleasant and enjoyable time for you and your family.

- Always obey the pool rules and lifeguard
- Stay with your child at all times
- Do not allow your child to run around the poolside
- Do not allow your child to eat sweets or chew gum in the water
- Do not allow your child to push people into the water
- Do not throw your child around in the water
- Do not allow your child to attempt to dive into a shallow pool
- Provide weak or non-swimmers with buoyancy aids.

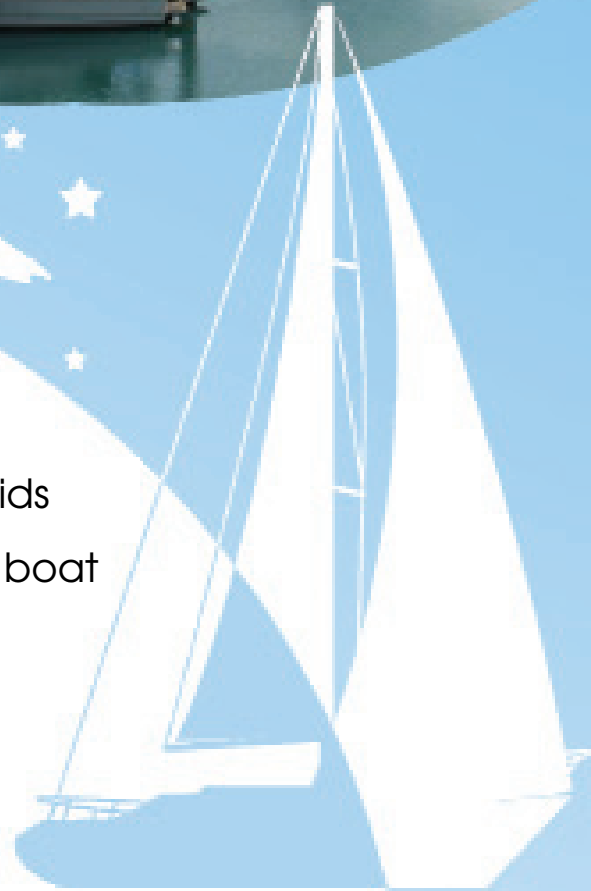


Water Safety Whilst Boating

Boating is a fun activity providing basic safety rules are followed.



- Stay alert to weather conditions
- Ensure everyone on the boat wears appropriately sized life jackets / buoyancy aids
- Ensure children keep fingers and arms in the boat
- Follow safe practices and boating rules
- Be aware of other boats around you.
- On larger boats, attach a tether to children as a precaution
- Wear appropriate clothing according to weather conditions




Water Safety In Water Parks

Water parks are a place full of summer fun and laughter. It is still nonetheless important to be vigilant of rules and safety information. To ensure your family have a safe and eventful experience at a water park, STA have developed the following top tips:

- Weak or non-swimmers should always wear buoyancy aids/life vest. It is probably best to take your own to be sure of availability and size
- Dress children appropriately e.g. waterproof nappies
- Do not enter the water if you have diarrhoea
- Read all signs and listen to all instructions from staff members.
- Ensure there are staff members/lifeguards supervising all water related areas
 - Do not chew gum or eat in water
 - Don't over estimate your swimming ability
 - Keep children/toddlers in shallow water
 - Keep aware of any health restrictions associated to particular water activities
- Ensure children are supervised by an adult at all times.



Water Safety Checklist

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- Are there lifeguards present? If not, have you read the rules? (If they are not in English, ask for a translation)
 - Have you checked the pool area and familiarised yourself with the depth?
 - Have you familiarised yourself with the contact details for emergency services?
 - Have you checked the weather conditions for the period of your holiday?
 - Are your children aware of STAnley's water safety code?
 - Have you and your family learnt the colours and meaning of each beach flag?
 - Do you have access to buoyancy aids? (If required)

REMEMBER: to supervise children at all times when near water.



International Learn To Swim Programme

For many years STA have operated an incentive based swimming skills scheme – The STA International Learn to Swim Programme (ILSP) and millions of children worldwide have learned to swim using this system.

The ILSP recognises that pupils learn to swim at many different ages and progress at varying paces. The ILSP consists of five progressive schemes which are interlinked. There is also a standalone scheme for people with disabilities, supporting awards for the more competent swimmers, divers and an introduction to the first aid award.

The programme is supported with vibrant, eye-catching designed certificates along with a progression tracker for both parents and children to follow their progress.

For more information on your nearest STA Swim school please visit www.sta.co.uk



For more
info visit:
www.sta.co.uk

**We wish you
and your family
a lovely holiday**



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